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## Vital Vibrancy!

### The Best Art Galleries In Los Angeles

By Contributing Writer

Los Angeles, renowned for its diverse cultural landscape, is a haven for art enthusiasts.

From contemporary masterpieces to avant-garde installations, the city boasts an array of art galleries that cater to every taste.

#### The Broad

Nestled in downtown LA, The Broad is a contemporary art museum that has become an iconic symbol of the city's cultural resurgence. With its striking honeycomb-like exterior designed by Diller Scofidio + Renfro, The Broad houses an impressive collection of post-war and contemporary art. Visitors can marvel at works by artists like Jeff Koons, Yayoi Kusama, and Jean-Michel Basquiat, making The Broad a must-visit.

#### LACMA - Los Angeles County Museum of Art

Spanning over 20 acres along Museum Row, LACMA is the largest art museum in the west. Boasting a collection that spans thousands of years and diverse cultures, LACMA offers a comprehensive exploration of art history. From ancient Egyptian

artifacts to modern and contemporary pieces, this museum provides a journey through time.

#### Hauser & Wirth

Situated in the burgeoning arts district, Hauser & Wirth is a contemporary art gallery



that seamlessly blends innovation with historical significance. The gallery occupies a historic building, offering a unique backdrop for its ever-changing exhibitions. Hauser & Wirth represents a diverse roster of artists, showcasing a range of mediums from painting to performance art.

#### The Getty Center

Perched atop the Santa Monica Mountains, The Getty Center is not just a museum; it's an architectural marvel. Designed by architect Richard Meier, the Getty Center houses an extensive collection of European paintings, sculptures, and decora-

tive arts. The breathtaking views of the city below add to the overall experience, making it a destination that seamlessly combines art, architecture, and nature.

#### Gagosian Gallery

A global powerhouse in the art world, Gagosian Gallery has a promi-



work of influential artists, attracting art connoisseurs from around the world.

Los Angeles stands as a beacon of artistic expression, with its diverse and dynamic art scene. The city's best art galleries, such as The Broad, LACMA, Hauser & Wirth, The Getty Center, and Gagosian Gallery, offer a kaleidoscopic journey through the world of art. Whether you're a seasoned art enthusiast or a casual observer, these galleries provide an immersive experience that reflects the city's commitment to pushing creative boundaries and celebrating the transformative power of art.

nent presence in Los Angeles. With multiple locations, including one in Beverly Hills, Gagosian represents a stellar lineup of contemporary artists and is renowned for its museum-quality exhibitions. From Andy Warhol to Cy Twombly, the gallery consistently showcases the



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# Spring Preview

By Barbara Beckley

JAZZ UP YOUR LIFE!

**SO-CAL IS ALWAYS THE PLACE TO BE TO CATCH A COOL**

**JAZZ FESTIVAL, BRUNCH OR SEASIDE CONCERT...**

**SO HERE'S THE SCOOP ON WHAT TO WEAR, WHERE TO TAKE**

**THE KIDS, AND WHAT TO HEAR FOR THE COOLEST SPRING-**

**TIME VIBES IN SOCAL.**

Make plans now. Experience a night under the spell of Herbie Hancock, jazz's most versatile and influential keyboard player, 14-time Grammy winner, a Kennedy Center Honor, and Academy Award recipient for his Round Midnight film score, April 17, 8 p.m., at the Granda Theatre ([www.grandasb.org](http://www.grandasb.org)) in Santa Barbara. Tickets: \$20 to \$131.

The Newport Beach Jazz Festival – May 31 to June 2, at the Hyatt Regency Newport Beach ([www.festivals.hyattconcerts.com](http://www.festivals.hyattconcerts.com)). Headlining Kenny “Babyface” Edmonds June 1. And featuring Norman Brown, Jarrod Lawson, and Avery Sunshine, June 1. Damien Escobar, Average White Band and Lindsey Webster, June 2. Tickets: General Admission 2-day Weekend Pass with unreserved lawn seating, \$265. VIP 3-day Weekend Pass including pre-concert hosted reception access to the VIP beverage tent, two free drinks per day, reserved seating fronting the Main Stage, \$495.

And “Jazz at the Broad Stage” ([www.broadstage.org](http://www.broadstage.org)) in Santa Monica, March 30, 7:30 p.m. headlining Stanley Clarke, four-time Grammy award-winning jazz bassist,

and his new band 4EVER, with Jeremiah Collier, drums; Colin Cook, guitar; Emilio Modeste, sax, and Beka Gochiashvili, keyboards. Tickets from \$40.

Closer dates and shows include – at the Catalina Jazz Club ([www.catalinajazzclub.com](http://www.catalinajazzclub.com)): February 21, jazz trumpeter/singer Johnny Britt, 8:30 p.m. Tickets: \$25. NOT TO MISS! February 22, 23, and 24, “Tony Danza: Standards & Stories,” 8:30 p.m. Tickets: \$40 to \$75. April 11, “Castella & Friends” (Lady of Smooth Jazz), 8:30 p.m. Tickets: \$30 to \$40. And March 15 and 16, “Jazz Legends:

tra – yes, that orchestra – still going strong, directed by Wil Salden continuing the sound and passion of the late great Glenn Miller. At the La Mirada Theatre for the Performing Arts ([www.lamiradatheatre.com](http://www.lamiradatheatre.com)) in La Mirada. 2 p.m. Tickets: \$59 to \$247.

On March 5, American jazz trumpeter Theo Croker hits the stage at The Echo ([www.theecho.com](http://www.theecho.com)) on Sunset Boulevard, 7 p.m. Tickets: \$20. Don't miss crazy cool jazz artist Brian Culbertson's “The Trilogy Tour,” singing and playing ALL the instruments from trumpet to piano,

March 7, 7:30 p.m., at the Fred Kavli Theatre ([www.fredkavlitheatre.com](http://www.fredkavlitheatre.com)) at the Bank of America Performing Arts Center in Thousand Oaks. Tickets: \$29.50 to \$87. At The Venice West ([www.thevenicewest.com](http://www.thevenicewest.com)), see the Jennifer Hartwick Band, 6 p.m. Tickets: \$19.50 and \$25. And jazz saxophonist/singer “Karl Denson's Tiny Universe,” as Denson fronts the Tiny Universe, March 14, 6 p.m. Tickets: \$39.50 and \$45.

It's the social event of the year! California's largest Wine Walk and Street Fair returns on Saturday, March 23, 2024!! Sip, sing, and shop your way through a Spring spirit-filled Downtown Ventura! on Saturday, March 23, 2024! This beautiful Spring day in Ventura will kick off with the FREE Vendor Fair from 11:00 am-6:30pm in Downtown Ventura from the Museum of Ventura County through the 600 block of Main Street with vendors and live entertainment.

Shop artists, crafters, non-profit organizations, commercial and food vendors. The street fair and entertainment is FREE and open to the public! The Wine Walk will showcase Wine, Sparkling Wine, and Craft Beer sampling in your favorite downtown businesses.

*Continued next page...*



Pete Escovedo & Family,” 7 p.m. Tickets: \$35.

February 25, a night of jazz (and bit of reggae) from New Orleans-born Collie Buddz (who's recorded tracks with Snoop Dog), 7 p.m. at the Ventura Music Hall ([www.venturamusichall.com](http://www.venturamusichall.com)). With Kash'd Out and DMP. Tickets: \$33 to \$233. March 3, The Glenn Miller Orches-

tra – yes, that orchestra – still going strong, directed by Wil Salden continuing the sound and passion of the late great Glenn Miller. At the La Mirada Theatre for the Performing Arts ([www.lamiradatheatre.com](http://www.lamiradatheatre.com)) in La Mirada. 2 p.m. Tickets: \$59 to \$247.

*Continued next page...*

## COVER STORY



When you're looking for great entertainment in addition to awesome singing; an intimate evening with Street Corner Renaissance (SCR) is the ticket to buy. These cats can flat out sing! Their infectious energy and versatile show-set offers audiences an authentic/interactive street corner experience. They combine the polish of a seasoned Las Vegas act replete with humor and masterful stage craftsmanship. (Think Rat Pack with smooth harmony and a soulful urban swag.) Their act consists of Doo Wop R&B, Jazz, blues, gospel along with a tasteful touch of humor; all rapped up into a fun-filled nostalgic experience. Sunday March 4, Catalina Bar and Grill Sunste Blvd, \$25.

## SPRING INTO STYLE!

Womenswear. Now that you've got your activities down. Here's how to wow the crowds. Hit the runway circuit at Fashion Week El Paseo (www.fashionweekelpaseo.com) in Palm Desert, March 15 – 21. See top designers like Scooter LaForge parade his flamboyant painted clothing worn by celebs including Debbie Harry, Beyoncé, and Nicki Minaj. And Dutch couturier Leon Klassen Bos, who designed for Yves Saint Laurent and now designs his own fashionista-crazy line. Remember his 2012 LED light dress? Also, MaxMara, "Fifty Shades of Pink" runway extravaganza, fashionista cocktail parties, trunk shows, and more. Buy the "Splurge Diva Package" (email desiree@palm Springslife.com for the price) and dress the part with two front row seats to every show, nightly access to the VIP Lounge, invitations to exclusive events, and more. Individual tickets from \$95. Break away from pink! "I'm betting on shades of green for 2024," says Aya Kanai, head of editorial and creative for shopping at February 16 - 29, 2024

Google. "Spring's runways included every shade of green imaginable—kelly, pistachio, grass, seafoam, you name it—and we love the fresh, verdant energy for the new year." Like fast-fashion label Mango's polo neck sweater, \$46 (www.shop.mango.com). And the Schin & Babi Sloane taffeta double bow mini dress at Anthropologie, \$248 (www.anthropologie.com).

Kitten heels are back! "A wide variety of labels, from Prada to Rachel Comey and Vivienne Westwood, showed shockingly low heels for spring, meaning we're in for a walking-friendly 2024," writes Glamour. Buy into the comfortable heels trend now to stay ahead of the curve. Perhaps Jeffrey Campbell Gratis mules, \$145 at Nordstrom (www.nordstrom.com). And San Edelman Franci pumps, \$98 at (www.amazon.com). And capri pants! As seen on the Sandy Liang runway and celebs like Gigi Hadid and Jennifer Lawrence, capris are poised to make an unexpected comeback this year, continues Glamour. Tastemakers like Petrarca are on board: "I'm buying leggings and 'pedal pushers,' big sunglasses, and flats [for 2024]," she says. Take your pick from cropped black leggings and culotte-like capris—you'll be ahead of the curve. Like Airbrush high-waist capris by ALO, \$88 (www.aloyoga.com), and Loba Callias knit capris (in pink), \$150 at Revolve (www.revolve.com).

NO pants. What?! According to Refinery 29, the "no pants" look is in. Embraced by the Jenners/Biebers/Hadids of the style world — the take-off-your-pants trend is here. Opt for short shorts, such as Mango's beaded, embroidered shorts, \$69.99 (www.shop.mango.com), and exposed undies like Skims cotton jersey boy short, \$22 (www.skims.com), with sheer or colorful tights underneath.

## KOLTIKVAH'S ANNUAL GOLF TOURNAMENT

MARCH 18, 2024

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WITH VINYL REVIVAL &  
TEMPLE OF THE DADS

3.2

SPIN THE BLACK  
CIRCLE  
TRIBUTE TO PEARL JAM

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Power dressing is a hit for 2024, according to Glamour, so set your spring sights on office-ready aesthetics. Think monochromatic looks in shades of gray, black, and white.



Like the Zara's double-breasted blazer cropped twill jacket, \$100 (www.zara.com); matching Zara straight-leg twill pants, \$70 (www.zara.com); and H&M Asymmetric Front suit vest, \$25 (www2.hm.com). Also, see-through clothing—among them Dior, Chanel, Hermès, and Prada. "Expect sheer to continue its reign on and off the red carpet," says Glamour. But you don't have to bare it all.

Pick up a dress with a sheer skirt, a top with slightly sheer inlay, transparent socks, or a mesh top you can layer over your swimsuit, the magazine recommends.

Handbags? Start doing your shoulder exercises, advises Glamour. Then pick up an oversized designer bag from Rebecca Minkoff or Tory Burch – perhaps the Tory Burch Perry triple compartment leather tote, \$398 at Nordstrom. Labels like Stella McCartney, Tibi, and Victoria Beckham are also adding ginormous totes to their spring collections.

Guy Wear. From tailoring such as the ever-evolving double-breasted suit to ultra-wide baggy pants and an explosion of bags, these are the top trends to refresh men's wardrobes for spring 2024, says WWD.com. John Craig.com, agrees. "2024 is all about embracing the bold and unconventional, with thigh-high fits making a statement and redefining traditional silhouettes and fashion norms. And a resurgence of knitwear from classic sweaters to contemporary cardigans."

Melton Jackets are making a comeback – with a modern twist of sleek cuts and unusual fabric choices. And OMG – Cargo Shorts! They're expanding from casual to semi-formal for a fresh and trendy perspective. Look for bold and striking colors, continues John Craig. Vibrant yellows, electric blues, fiery reds and popping greens. Perhaps a cool jacket from the Trina Turk menswear collection like the new blue nautical knot-patterned Thurton Blazer, \$429.99 (www.trinaturk.com). Or Alex Slim Trousers in Radio City Music Hall Rose multi-colors, \$274.99 (www.trinaturk.com).

Statement pieces are huge for spring: unique fabrics and prints, and eye-catching accessories, says John Craig. Also, oversized blazers, shirts, and trousers for a fashion-forward



appeal without compromising sophistication. Denim on Denim is a Spring '24 fashion-forward statement that exudes modern sophistication. And the stylish combo of streetwear and athleticwear continues for an edgy modern yet casual look.

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# MINUTIA

## Awesome Online Shopping! Money-Saving Hacks To Keep Your Wallet Happy

By Contributing Writer

Online shopping has become a staple in our modern lives, offering convenience and a vast array of products at our

fingertips. However, with the plethora of options available, finding the best deals and saving money can be a challenge. Fear not!



Here are some savvy online shopping hacks to help you snag the best bargains and keep your hard-earned cash in your pocket.

### Sign Up for Newsletters and Alerts

Many online retailers offer exclusive discounts to subscribers. Sign up for newsletters or alerts from your favorite stores to receive early notifications about sales, promotions,

and special offers. Some retailers even provide a welcome discount just for signing up.

### Abandon Your Cart (Temporarily)

Ever added items to your online shopping cart and then hesitated at checkout? Some retailers track abandoned carts and may send you a reminder or even offer a discount to encourage you to complete your purchase. Take advantage of this strategy by waiting a day or two before finalizing your order.



websites compile and share discount codes for various online retailers. Browser extensions like Honey can automatically apply available coupon codes at checkout, saving you the trouble of searching.

### Take Advantage of Flash Sales and Daily Deals

Keep an eye on flash sales, daily deals, and limited-time promotions. Many online retailers offer significant discounts during specific hours or days.

Set reminders or enable notifications to be alerted when these sales go live, ensuring you don't miss out on great savings.

### Leave Items in Your Wishlist

Some online retailers offer discounts on items saved in your wishlist.



### Compare Prices and Use Price Trackers

Before making a purchase, compare prices across multiple websites. Utilize browser extensions or apps that track price changes for specific items over time. This way, you can ensure you're getting the best possible deal and time your purchase for when prices drop.

### Utilize Cashback and Reward Programs

Many online retailers collaborate with cashback and reward programs. Platforms like Rakuten, Honey, or credit card reward

By leaving desired products in your virtual wishlist, you may receive notifications about price drops or exclusive offers for those items.

### Consider Second-Hand and Refurbished Options

Don't shy away from exploring second-hand or refurbished products. Websites like eBay, Amazon Renewed, or certified refurbished sections of retailers often provide high-quality items at a fraction of the cost, allowing you to save money without compromising on quality.



programs offer cashback or points for purchases made through their links. Accumulate these rewards and redeem them for gift cards, discounts, or even cash.

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## THE NEIL DIAMOND CONCERT EXPERIENCE STARRING ROB GARRETT AS NEIL DIAMOND

By Contributing Writer



The Long time Las Vegas performer and Legends in Concert alumni, ROB GARRETT, is America's #1 NEIL DIAMOND Tribute Artist and is unparalleled in his portrayal of the legendary performer.

From Vegas to Honolulu, to New York, to Berlin... Rob has come to be known as the 'King of Diamonds' as he is able to

naturally capture the presence, passion, and energy of this iconic performer in all his youthful 'JAZZ SINGER' glory. Those who have witnessed Rob's unparalleled performances will testify that YOU SIMPLY CAN'T GET ANY CLOSER!

In 2008 Rob was awarded with the "Male Musical Tribute Artist of the Year" award in Las Vegas marking the first (and only) time a Neil Diamond tribute act has won such an honor.

Rob Garrett and his top notch showband take a break from their current full time residency in Las Vegas's Alexis Park Modern Showroom to take their award winning show cross country to venues nationwide. Be part of the magic!

This is the ultimate live Neil Diamond In Concert performance highlighting the greatest and most popular music of his career, including 'Sweet Caroline,' 'Hot August Night,' 'Cracklin' Rosie,' 'I Am I Said,' 'Song Sung Blue' and many more 'Live In Concert' favorites!

Bank of America Performing Arts Center, 2100 Thousand Oaks Blvd, Thousand Oaks.

Sat. March 2, 2024

Showtimes 3pm + 7:30pm

Adults: \$59 + \$5 Facility Fee

Seniors: \$59 + \$5 Facility Fee

Children: \$59 + \$5 Facility Fee

Groups: 10% Off Adult Price Only  
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www.CivicArtsPlaza.com

## THE LED ZEPPELIN CONCERT EXPERIENCE FEATURING ZEP-LA

By Contributing Writer

The mountaintop peak of classic rock legends is indisputably Led Zeppelin. With a catalog featuring some of the most revered songs in history ever to ring from speakers, its songs combine a unique tapestry of propulsive rock chords and wistful, gentle acoustic layers, spanning the raw lust of rock and roll and the worlds of fantasy and the occult.

ZEP-LA delivers a powerful recreation of Led Zeppelin's catalog like no other. This is the dream of some of LA's top session musicians, a dream to capture the intangible essence of the definitive rock and roll band. A labor of love and a true love letter to the fans who still believe in Led Zeppelin's enduring magnetism.

This is the ultimate live Led Zeppelin concert performance highlighting the



greatest and most popular music of their career, including 'Stairway to Heaven,' 'Rock and Roll,' 'Whole Lotta Love,' 'Black Dog,' and many more 'Live In Concert' favorites!

"There are many Led Zeppelin tribute bands out there... ZEP-LA is my favorite one." Todd Volker, So-Cal Tribute Band Scene.

Bank of America Performing Arts Center, 2100 Thousand Oaks Blvd, Thousand Oaks.

Sat. February 24, 2024

Showtimes 8pm

Adults: \$59 + \$5 Facility Fee

Seniors: \$59 + \$5 Facility Fee

Children: \$59 + \$5 Facility Fee

Groups: 10% Off Adult Price Only  
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## QUEEN CONCERT EXPERIENCE FEATURING BOHEMIAN QUEEN

By Contributing Writer

LA's hottest new Queen group 'Bohemian Queen' has been selling out shows everywhere since they hit the ground running less than a year ago. Made up of veteran members of the Los Angeles musician community, these session and stage musicians are the best the West Coast has to offer.

Don't miss the ultimate Queen Concert Experience starring Bohemian Queen. It's a family-friendly show suitable for all ages! Buy Your Tickets Early!

Bohemian Queen comprises Los Angeles's finest players and voices, coming together to

bring to life a classic catalog of songs and melodies and to deliver the same level of detailed showmanship that has dazzled arenas and stadiums. Five top-tier music industry professionals with and Poison, a band which was also chronicled in the IFC comedy series "Z Rock." Upon moving to Los Angeles, Paulie was also recruited to sing another legendary catalog with UK glam rockers Sweet.

Z's Freddie Mercury completes the full cast of this acclaimed theatrical presentation celebrating the music of one of the most iconic rock groups of our time.



Bank of America Performing Arts Center, 2100 Thousand Oaks Blvd, Thousand Oaks.

Fri. Feb. 23, 2024, Showtime 7:30 p.m.

Adults: \$59 + \$5 Facility Fee

Seniors: \$59 + \$5 Facility Fee

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# "Séance Games-Metaxu"

Official Selection At By Contributing Writer  
Golden State Film Festival

"Séance Games-Metaxu" has been chosen as an official selection for the upcoming Golden State Film Festival. The multi-award winning horror/thriller motion picture will be screened on Sunday, February 25 at the TCL Chinese 6 Theatres at 4:00pm, followed by a Q&A with key cast and crew. The theatre is located at 6925 Hollywood Boulevard, Hollywood, California 90028. This is your chance to see it on a big screen.

Anna-the Ghost of the Red-Haired Woman and Eric Roberts is her demon husband.

The independent feature is produced by Darlin' and Rose Productions, McClure Films and Ascalon Films. Executive Producers are Sylvester Bowen and Nisha Catron for Darlin' and Rose Productions. Tane McClure for McClure Films as producer, director, co-writer, editor and VFX artist, with producer and co-writer Tyke Caravelli.



Since last July the film has been accepted into multiple festivals and won more than thirty-five awards for production, directing, writing, acting, special effects, editing, sound design and music, nationally and internationally.

The film is about four social media stars who vie to win a million dollars on a live on-line seance game. They soon are trapped when they open a gateway to the underworld. The Metaxu, those who bridge that gap between the living and the dead, help them to fight off the demons. But can they succeed?

"Séance Games-Metaxu" stars Olivia Deligan and Madison Taylor as podcasters of 'Morg and Kat's Adventures.' Andrew James Ferguson as former Frat boy and jock, Tommy, and Bernard Timmons II as Stephen, a nerd brained techie. Farryl Christina Lawson co-stars as Julia, their mysteriously murdered friend. Supporting cast members are Nisha Catron as Sally, the Caretaker and Sylvester Bowen as the Gas Station Attendant, with Tane McClure as

Producer and Director of Photography is Keith Jefferies for Ascalon Films, along with Producer and Casting Director Linda Berger and Producer, Stunt Coordinator and 2nd Unit Director Mark Steven Grove. Assistant Director/2nd Unit Director is Alisa Zolonz. The theme song "The In Between" was written by Nisha Catron and Sylvester Bowen and performed by Nisha Catron.

The films' national release date was February 13, through its domestic distributor, Gravitas Ventures, an Anthem Sports & Entertainment Company. The VOD (TVOD) is available on both digital and cable VOD platforms for rental and purchase on iTunes, Apple+TV, Amazon, and VUDU. Foreign distribution through Adler & Associates Entertainment, Inc. will follow late spring of this year.

For more information on the film visit [www.seancegamesmetaxu.com](http://www.seancegamesmetaxu.com). For more Film festival tickets are available at [www.goldenstatefilmfestival.com](http://www.goldenstatefilmfestival.com)

# Bob Marley: One Love

By Contributing Writer

**B**ob Marley was born in 1945, the son of an 18-year-old mother and an older white man who had nothing to do with his son. Raised in poverty, he often slept on the ground. Five years after moving to Kingston's Trench Town, he made his first record, at 17. 20 years later, he was dead.

By then, Marley had become the face of not just reggae, Rastafarianism and Jamaica, but of revolution, resistance and peace. He left behind a body of work that has only grown more monumental. "Redemption Song." "No Woman No Cry." "War." "Trench Town Rock." "Get Up Stand Up." "Lively Up Yourself." "One Love People Get Ready." The Beatles could argue they were bigger than Jesus but no one thought — like some did Marley — that they were the Second Coming.

So, yeah, it's a lot for a movie. "Bob Marley: One Love," directed by Reinaldo Marcus Green, is a noble but uninspired attempt to capture Marley. Its lived-in textures and attention to Marley's political consciousness, are enough to make "One Love" something more substantial than many recent music biopics.

But the power and complexity of Marley is still out of reach for "One Love," which takes a typical biopic framework in plotting itself around an important concert with flashbacks mixed in. When

aftermath of a 1976 shooting that wounded Marley, follows a more contemplative Marley in self-imposed exile in London — on tour in Europe, recording the album "Exodus" and a diagnosis of cancer.



Marley was by many accounts a private person than often remembered, so the rendering is surely a genuine aspect of a man rife with contradictions. "One Love," which lists four screenwriters and was made with Marley's estate (Ziggy and Cedella Marley are producers), appears to have wrestled with finding a single portrait, and the movie's patchwork pacing shows signs of that struggle.

But Green is skilled at finding intimacy in the lives of larger-than-life figures. Early in "One Love," Marley and his band assemble to play "I Shot the Sheriff," and it's moments like these that work.

The performance that bookends the film is the One Love Peace Concert, in Jamaica in 1978. Marley, during "Jammin'," brought rival party leaders Edward Seaga and Michael Manley on stage.

The turmoil in Jamaica weighs on Marley; images of fields aflame run repeatedly. Though largely set in Europe, the real line of the film is Marley as consumed with the plight of his countrymen. When white executives push back against touring in Africa due to its lack of infrastructure, he replies, "So we build it."

"One Love" is attuned to the communal aspect of Marley's life — he rarely appears alone — yet few other individuals come through. Peter Tosh and Bunny Wailer are little seen. Notable supporting roles go to Lashana Lynch as Rita Marley and James Norton, as Chris Blackwell.

Though "One Love" drifts into conventional biopic scenes, its spirit remains fairly true to Marley. But what's harder to forgive is the lackluster music performances. Ben-Adir doesn't sing the songs but relies on Marley recordings. Yet when Marley takes the stage, Green sticks to drab coverage. When "One Love" should be striving for transcendence, it feels like it's going through the motions.



footage of the real Marley plays over the credits, it's a painful comparison to the movie that played before it.

The first thing you notice about Ben Kingsley-Adir, the talented British actor, is that he's got the voice. His Marley has the growl and lilt of the singer's Jamaican accent. But what the performance is missing is the physical dynamism and charismatic velocity of Marley.

The vibrancy of Marley, who spent afternoons playing soccer and had at least 11 children, would undoubtedly be a tall order. "One Love," set in the

# Brad Ellis Of "Glee" To Appear In Concert With Singer Katrina Aguilar

By Contributing Writer

Brad Ellis, a renowned Music Director and Pianist, of Valley Village, CA, who is perhaps best known as the Music Teacher on the hit television show, "Glee," will appear in concert with singer Katrina Aguilar on Sunday, February 25th at Hollywood Club LA at The Woman's Club of Hollywood, the newly re-branded name for The Woman's Club of Hollywood, A Benefit for Autism Care Today with Host/Emcee, Stand-Up Comedian Christopher Tenney and Opening Act, Singer George Steeves on Sunday, February 25, 2024 at 5:00 p.m. at Hollywood Club LA at The Woman's Club of Hollywood, 1749 North La Brea Avenue (between Hollywood Boulevard and Franklin Avenue), Los Angeles, CA

90046. Here is a sample video clip of Katrina Aguilar performing: <https://youtu.be/b3nJv-MAelo?si=gnVEaeGSIW4YZh-p>



The show will be directed and produced by cabaret impresario Clifford Bell, with Shannon Penrod serving as a Consultant for Autism Care Today. The two-hour show will be presented in the Ballroom at Hollywood Club LA at The Woman's Club of Hollywood. Tickets are \$35 each for Premium Seating in the first five rows,

and \$25 each for General Seating. Tickets can be purchased online at <https://www.eventbrite.com/e/a-concert-for-autism-care-to-day-tickets-808506102517?aff=oddtcreator>

For further information please call 323-769-7000 and visit the websites, [www.hollywoodclubla.org](http://www.hollywoodclubla.org) and [www.act-today.org](http://www.act-today.org) Free Parking is available at the venue.

Katrina Aguilar will perform her Cabaret Show, "Part Of Your World," a musical journey about her experiences living and evolving following a childhood diagnosis of being on the Autism Spectrum. Songs to be performed in the cabaret show will include: "A Dream is a Wish Your Heart Makes" from "Cinderella;" "Feed The Birds" from "Mary Poppins;" "Part of Your World" from "The Little Mermaid;" "He's a Tramp"

from "The Lady and the Tramp;" "God Help the Outcasts" from "The Hunchback of Notre Dame;" "Monster" from "Frozen;" "Speechless" from "Aladdin," and more!

Clifford Bell, Director and Producer of the show from Cabarabia Productions said: "Katrina Aguilar is an inspiration for anyone who has faced challenges in their lives. Once Katrina discovered Disney songs, the music opened up a window into her soul and singing voice, which she couldn't have imagined. This is the story she tells in her cabaret show."

Katrina Aguilar, Singer said: "I was diagnosed as being on the Autism Spectrum at the age of four and was nonverbal to the age of five, at which time I discovered the music of Disney heroines in films, which spoke to me. I wanted to give voice to the songs themselves that inspired me. In the process of doing so, I expanded my communication skills, and went on to study music as a singer, which has now become a daily part of my life, changing my world for the better. In this show, I will share my personal journey with you, the audience."

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## IMPACT OF MOTION CAPTURE TECHNOLOGY IN PROFESSIONAL SPORTS

By Contributing Writer

**M**otion Capture (MoCap) technology has revolutionized the landscape of professional sports, becoming an invaluable tool for athletes, coaches, and sports analysts alike. This cutting-edge technology enables the precise and detailed tracking of athletes' movements, providing a wealth of data that can be used to enhance performance, prevent injuries, and analyze strategic aspects of the game.

### Performance Analysis

In professional sports, the ability to analyze and improve an athlete's performance

is crucial. MoCap technology plays a pivotal role in this aspect by capturing the intricate details of an athlete's movements. Whether it's a basketball player's jump shot, a soccer



player's dribbling technique, or a golfer's swing, MoCap provides a comprehensive understanding of body mechanics. Coaches and athletes can use this data to identify areas for improvement, refine techniques, and optimize overall performance.

### Injury Prevention and Rehabilitation

MoCap technology has become instrumental in preventing injuries and aiding in the rehabilitation process. By closely monitoring an athlete's movements, trainers can identify biomechanical issues that may

lead to injuries. This proactive approach allows for targeted training programs aimed at correcting movement patterns and reducing the risk of injuries. Additionally, MoCap is employed during rehabilitation to track an athlete's progress, ensuring that they regain their full range of



motion and strength before returning to the field.

### Tactical Analysis

Understanding the nuances of gameplay is a crucial aspect of achieving success in professional sports. MoCap technology provides coaches with an in-depth analysis of team dynamics and strategic plays. In team sports like soccer and basketball, the data generated by MoCap can be used to analyze player positioning, passing accuracy, and defensive strategies. This information is

invaluable for coaches, enabling them to make informed decisions regarding game strategy, player rotations, and overall team dynamics.

### Virtual Training and Simulation

MoCap technology has also paved the way for virtual training and simulation environments. Athletes can engage in realistic training scenarios, allowing them to fine-tune their skills in a controlled setting. Virtual simulations can replicate game situations, providing athletes with the opportunity to practice high-pressure scenarios and make split-second decisions. This innovative training approach contributes to enhanced on-field performance and mental resilience.

Motion Capture technology has undeniably become a game-changer in professional sports. Its impact extends beyond performance analysis, reaching into injury prevention, rehabilitation, tactical analysis, and virtual training. As technology continues to advance, the integration of MoCap in sports will likely evolve, offering even more sophisticated insights and benefits to athletes and teams. The utilization of MoCap is a testament to the sports industry's commitment to staying at the forefront of technological advancements for the betterment of athletes and the overall sporting experience.



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By Dj kid inr-G

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# SPIRITS/TASTES

## The Rise Of Frozen Alcoholic Drinks



### The Appeal of Frozen Alcoholic Drinks

What sets frozen alcoholic drinks apart from their traditional counterparts is their unique texture and cooling sensation. The blending of spirits, mixers, and ice creates a slushy consistency that not only cools you down but also adds a playful element to your drinking experience. Whether you're by the pool, on the beach, or simply lounging at home, frozen cocktails provide a delightful escape from the ordinary.

#### Frozen Margarita

A classic among frozen cocktails, the Frozen Margarita combines tequila, triple sec, lime juice, and ice for a tangy and invigorating drink. The salted rim adds an extra layer of flavor that complements the icy goodness.

#### Pina Colada

Transport yourself to a tropical paradise with the luscious Pina Colada. Blending rum, coconut cream, pineapple juice, and ice, this frozen concoction is a sweet and creamy delight that instantly conjures images of sandy beaches and swaying palm trees.

#### Daiquiri

A versatile frozen drink, the Daiquiri offers endless possibilities. Whether you prefer the classic combination of rum, lime juice, and simple syrup or want to experiment with fruit variations like strawberry or mango, the Daiquiri is a customizable frozen delight.

#### Mudslide

For those with a sweet tooth, the Mudslide is a decadent choice. Combining vodka, coffee liqueur, Irish cream, and ice, this frozen treat is like a boozy milkshake, making it a perfect indulgence for dessert or a leisurely afternoon sip.

#### Frozen Mojito

Transform the traditional minty Mojito into a chilly sensation by blending white rum, fresh



mint leaves, lime juice, simple syrup, and ice. The result is a refreshing and invigorating drink that captures the essence of summer.

#### Creating Frozen Alcoholic Drinks at Home

The beauty of frozen alcoholic drinks lies in their simplicity and versatility. With a reliable blender and a few key ingredients, you can easily whip up your favorite frozen concoctions in the comfort of your home. Experiment with different spirits, fruits, and flavor combinations to tailor the drinks to your taste preferences.

Frozen alcoholic drinks offer a delightful fusion of taste, texture, and temperature that elevates the drinking experience to new heights. Whether you're hosting a summer soiree, relaxing by the pool, or simply craving a unique twist on your favorite cocktails, these icy creations are sure to tantalize your taste buds and leave you refreshed. So, next time you reach for a drink, consider taking a sip of the frozen side of the beverage world – it's a journey worth savoring. Cheers to the chilled bliss of frozen alcoholic drinks!

delightful frozen treats perfect for any occasion. Let's embark on a journey to explore the fascinating realm of frozen alcoholic drinks.

By Contributing Writer

The world of beverages is constantly evolving, and one trend that has taken the drinking scene by storm is the rise of frozen alcoholic drinks. These chilly concoctions offer a refreshing twist to traditional cocktails, turning them into

Now there's medication to treat COVID-19.

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# Celebrate All Occasions at **Porta Villa** Los Angeles Locations

By Contributing Writer

**T**hirty years ago, Peter Garland founded Porta Via as a takeout deli counter with four seats along Canon Drive in Beverly Hills. In the three decades since, Porta Via has survived, thrived and expanded. Today, contemporary California bistro

The prix fixe menu offers guests the following: for the first course potato leek soup and chive garnish; or shaved Brussels sprout salad with Granny Smith apples, dried cranberries, shaved Parmigiano, and honey mustard vinaigrette.

can. We become part of the community as well as a destination." Friends and lovers will find Porta Via a particularly welcoming destination in the days ahead.

If you go:

Porta Via Beverly Hills, 424 N Canon Dr, Beverly Hills, CA 90210; (310) 274-6534

Porta Via Calabasas, 4799 Commons Way, Unit J, Calabasas, CA 91302; (818) 746-2400

Porta Via Pacific Palisades, 1063 N Swarthmore Ave, Pacific Palisades, CA 90272; (310) 499-2989

Reservations at [portaviarestaurants.com](http://portaviarestaurants.com) or [resy.com](http://resy.com)



and bar Porta Via serves the Southland from its original Beverly Hills location as well as from locations in the Pacific Palisades, Calabasas, and Palm Desert. Porta Via restaurants serve breakfast, lunch, and dinner seven days a week, offering Italian-inspired cuisine honoring proprietor Garland's cooking philosophy:

"combine the best seasonal, organic ingredients and prepare them simply." His menu is designed to be both classic and creative, with just the right amount of imagination to give patrons the feeling they're at a "special" place.

And this week is one that diners especially want to feel special, what with Valentine's Day and its companion Palentine's and Galentine's Day celebrations. The three Los Angeles restaurants will offer an \$85 per person prix fixe program all day Tuesday, February 13 and Wednesday, February 14.

For the second course, guests can choose either grass-fed filet mignon accompanied by Parmigiano truffle fries and green peppercorn sauce; butternut squash tortellini with organic arugula and white wine sage cream sauce; or miso-glazed black cod with roasted baby bok choy, jasmine rice, toasted sesame, and scallions.

For dessert, Porta Via offers a duo of Porta Via's sweets: black out chocolate cake - dark chocolate layer cake filled with chocolate mousse and topped with dark chocolate; and coconut crème brûlée - toasted coconut custard topped with crunchy caramelized sugar.

In 2023, a year that saw the closure of so many restaurants, Garland and Porta Via must be doing something right. Asked about his "secret," Garland concludes, "I show up every day and do my very best, no matter what the day before was like. I try to develop relationships with as many of my customers as I



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## Battling Sepsis A Comprehensive Approach To Overcoming The Silent Killer

By Contributing Writer

**S**epsis, often referred to as the "silent killer," is a life-threatening condition that arises when the body's response to infection goes awry. It is a medical emergency that requires swift and decisive action. Understanding the signs, seeking immediate medical attention, and adopting preventive measures are crucial steps in beating sepsis.

Sepsis occurs when the body's immune system, instead of fighting off the infection, launches an overwhelming response that can lead to widespread inflammation, blood clotting, and organ dysfunction. It can affect anyone, from infants to the elderly, and can arise from various infections, including pneumonia, urinary tract infections, or abdominal infections. The key to overcoming sepsis lies in early detection and prompt intervention.

Recognizing the signs of sepsis is the first step towards beating this silent menace. Symptoms may include a high fever, rapid heart rate, difficulty breathing, low blood pressure, and confusion. These signs can be subtle initially, making it crucial for individuals to be aware and vigilant. If there is any suspicion of sepsis, immediate medical attention is paramount.

In the hospital setting, healthcare professionals play a pivotal role in the fight against sepsis. Quick and accurate diagnosis, followed by appropriate treatment, can make the difference between life and death. Blood tests,

imaging studies, and other diagnostic tools are utilized to identify the source of infection and assess the severity of the condition. Intravenous antibiotics and fluids are administered promptly to target the infection and support vital organ function.

Beyond hospital care, preventing sepsis involves a combination of public awareness, hygiene

practices, and vaccination. Educating the public about the signs and symptoms of infections, as well as the importance of timely medical intervention, is crucial. Basic hygiene measures, such as

proper handwashing and wound care, can significantly reduce the risk of infection. Vaccinations against common infections, such as influenza and pneumonia, are essential preventive measures that can protect individuals from developing sepsis in the first place.

In the age of antibiotic resistance, responsible use of antibiotics is another key aspect of beating sepsis. Overuse or misuse of antibiotics can contribute to the development of resistant bacteria, making infections

more challenging to treat. Healthcare providers and patients alike must adhere to prescribed antibiotic regimens and complete the full course to ensure the effective eradication of the infection.

Research and innovation also play a vital role in the ongoing battle against sepsis. Continued investment in medical research can lead to the development of new diagnostic tools, treatment modalities, and preventive strategies. This includes exploring the potential of emerging technologies, such as artificial intelligence, in improving early detection and personalized treatment plans.

In conclusion, beating sepsis requires a multi-faceted approach that involves awareness, early detection, prompt medical intervention, prevention, and ongoing research. By fostering a collaborative effort between healthcare professionals, researchers, and the general public, we can create a united front against sepsis and work towards minimizing its impact on individuals and communities. In the face of this silent killer, knowledge and vigilance are our greatest weapons.



Drew Barrymore with Aiden, 3

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## THE BIG FAT BROADWAY SHOW

By Pam Froman

the Woods, Miss Saigon, Smokey Joe's Café, Color Purple, Book of Mormon, and others.

Featured Broadway performers this year include: Host Michael-Leon Wooley, Co-Host Jason Michael Snow, Rena Strober, Sharon Wilkins, Carly Hughes, Clent Bowers, Rhett George, Wendy Rosoff, and more!



Broadway has been a passion for Host Michael-Leon Wooley since he first saw a performance of A Chorus Line when he was young. He started as a piano player at five years old and then began singing. He then made his way into theater getting a scholarship to the American Music Drama Academy and moving to New York City. He

stayed there for a year, then decided he wanted to make it on his own.

"I went to a hundred and seven auditions before I got my first job," says Michael. "I was auditioning for anything and everything but when I got hired to do a Non-union Bus & Truck tour making 350 bucks a week you could not tell me that I had not arrived."

What is so great about Broadway performances? "There's a relationship and interaction between performances that are onstage and audiences, a symbiotic place," says Michael. "There's nothing else like it, and there's nothing more exciting."

Benefitting Hope The Mission came into play when Michael decided to become an advocate for the homeless. He found the organization and decided to volunteer. He saw that Hope The Mission was a force of good and got people off the streets.

"I was so bowled over by what they do," he says. "Clients in the facility were given dignity

and respect that they might not find anywhere else. I'm very passionate about the work they're doing – and supporting them in any way."

The Big Fat Broadway Show is a night of dancing, music, and singing, and these benefit shows get better and better every time they grace the stage. With show stopping number after show stopping number. And don't miss out on the live and silent auctions! (And a VIP Afterparty with the Artists!) "I tell all the performers to steal the show," says Michael. "that's your one job, just steal the show." And it's that attitude that will make these performances great!"

What: The Big Fat Broadway Show  
Where: El Portal Theatre, 5269 Lankershim Blvd., North Hollywood.

When: February 23, 7:30 p.m.  
How: \$150 VIP TICKET includes a 7 pm VIP reception with a light buffet, open full bar, private VIP intermission lounge, complimentary beverages and snacks, post-show party with food stations, desserts, full bar, and celebration with the cast and crew! \$75 - Tier 2 Tickets, \$50 - Tier 3 Tickets and \$40 - Tier 4 Tickets.

For more information call (818) 508-0281 or log onto [www.elportaltheatre.com/bigfatbroadwayshow.html](http://www.elportaltheatre.com/bigfatbroadwayshow.html)

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## CASA VELAS

### Experiencing Puerto Vallarta's Original Charm

By Barbara Beckley



**S**erene. Artistic. Chic. A stay at the Casa Velas boutique hotel ([www.hotelcasavelas.com](http://www.hotelcasavelas.com)) is everything that makes Puerto Vallarta the toast Mexico's Pacific Coast. A refined hideaway reminiscent of those built after Liz joined Richard during his filming of the 1964 movie "Night of the Iguana," and catapulted this seaside village to international fame.

Entering Casa Velas' gates you're immersed in hacienda-style elegance, overlooking a golf course – not the beach. Better – because this adults-only (ages 18+) all-inclusive has its own private beach club a minute's free shuttle away. You're not sharing the sands with hundreds of others. You're relaxing on an exclusive beach for Casa Velas guests only. Lounging on a lux beach daybed or beside or in the infinity pool enjoying cocktails and gourmet fare from the private bar and café. Perfecto!

Opened in residential Marina Vallarta in 2005 on the private 18-hole Marina Vallarta Golf Club (designed by PGA pro Joe Finger), this hotel is unique. Only two-to-four stories on lushly landscaped grounds, it offers 80 exquisite suites, including a 5,564-square-foot Presidential Suite! Most with plunge pools and/or Jacuzzis. Plus, full-service ABJA Spa, a lux pool and swim-up bar, AAA Four-Diamond Emiliano restaurant, and exclusive Tau Beach Club.

Best of all, serious Mexican art! Opening the door to my Grand Class Suite, I was thrilled to see the original art of Sergio Bustamante, Mexico's top contemporary artist, above the king bed. An artful match to the Italian marble bath, sunken lounge area, patio, and private plunge pool – directly on the golf course! And there's more! Casa Velas is just minutes from Puerto Vallarta's Romantic Zone for shopping, sightseeing, and dining.

But why hurry? Guests spend most of their time at the hotel, explained General Manager Enrique Sinencio. Relaxing and enjoying free activities like tequila tasting, mixology and tortilla classes, and top entertainment. The repeat guest rate is an incredible 80 percent, he told me.

What could equal Bustamante art for me? My first night's Tequila Tasting and dinner at the Tau Beach Club! Guided by Casa Velas' tequila expert Erick Manlio, I mastered tequila's "big three." Distillery-to-glass Tequila Blanco for a strong – make that white lightning-like – taste. Reposado, oak aged from two months to three years for full flavor but still a tequila punch. And Anejo, comparable to fine whiskeys, oak aged at least a year to deliver a smooth, rich flavor. Insider tip: Manlio recommends 1800 Anejo, a 200-year-old Mexican brand featuring Anejo aged in French oak for up to eight years. Casa Velas is elegant – but also fun. Entering the indoor-outdoor beach club, I stood beside a faux hedge emblazoned with neon lights reading "Ring for Ferrari," and a small golden bell. Okay... I rang the bell. Out popped a hand holding a glass of champagne. Cheers! Perfect for a pre-dinner toast to the sweeping view of Banderas Bay. And dinner of fresh tuna ceviche, center cut ribeye with mashed potatoes and marrow and mezcza gravy, and roasted fig dessert. Delicious!

As was the next morning. Dangling my legs in my plunge pool, nibbling cheeses from my welcome basket, sipping coffee, and enjoying the golf course garden serenity. A perfect prelude to my 50-minute Harmony Massage at the ABJA Spa, designed to "re-energize and de-stress my body, and bring inner peace to my mind," my masseuse explained. A smart choice that left me feeling light on my feet. Perfect for that evening's adventure on Vallarta Food Tours' ([www.vallartafoodtours.com](http://www.vallartafoodtours.com)) "Street Taco Tour."

Sure, anyone can recommend the best restaurants. But the top street taco stands – that takes a true insider – like our guide, Miel Garcia – who led us to eight amazing finds. And told us the secrets. "Always check that the salsa is house made. It isn't a good stand if the salsa is store-bought," she said. And that PV's food stand culture is "Sort of like the mafia. You don't want to compete on someone else's corner." Crossing cobblestones, up and down curbs, and around darkened corners we

discovered delights like Tacos de Cabeza El Chulo, whose owner-cook turns cow cheeks into sought-after tacos. Watched churros made fresh by the same family in the same spot – under a corner streetlight – for 45 years! Sat down to smoked marlin tacos – my



favorite – at Mariscos La Tia Nana café open since 1975! And sipped "Paloma" cocktails in an auto shop-turned stylish bar specializing in Mexican wines, tequila, and hard liquor.

The next day's agenda included the "Tortilla Making Workshop + Mixology Class" at the Tau Beach Club. I aced Mixology, making a margarita with ease. And learned the truth about corn vs. flour tortillas. Corn, a.k.a. maize, originated in Mexico. Flour is a gringo choice, I thought. Surprise! As Chef Sandra Fabiola Macias Cordero explained, Jews fleeing the Spanish Inquisition brought flour to Mexico for matza. So, flour tortillas are Mexican, too.

In the evening, dinner at Emiliano brought more surprises in the form of the Sunday-only Circ du Soile-style "Mini Circus" performance on the restaurant patio. An amazing 40-minute show starring four acrobat/jugglers entertaining with balls, hoops, and jaw-dropping balancing acts! Then appetizer olives! A ramekin heaped with house-made olives marinated with herbs de Provence, lemon, and olive oil. Fabulous. Followed by amazing Sea Bass Carpaccio with lemon, extra virgin olive oil and dash of Morita chili; Rib Eye with Dauphinoise potatoes, grilled asparagus, and bearnaise sauce, and Vacherin dessert, a French iced cake layered with ice cream, sorbet, meringue, and cream.

In the morning, I was surprised again – by the saxophonist playing cool Brazilian jazz – my favorite sound – at breakfast. A perfect ending to a perfect vacation.

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# Keeping Up With Celebs! Best Places To Spot The Stars In Los Angeles

By Contributing Writer

Los Angeles, the entertainment capital of the world, pulses with the glamour of Hollywood. For those with a keen eye and a dash of luck, the prospect of spotting a celebrity is exciting. Here are the best places to catch a glimpse of your favorite stars.

## Hollywood Walk of Fame

Nestled along Hollywood Boulevard, the iconic Walk of Fame is a prime location for celebrity



sightings. As stars' names are immortalized on the sidewalk, many celebrities visit for events, premieres, or just to relish nostalgia. Join the crowd of tourists exploring the Hollywood Walk of Fame and keep your eyes peeled for the next A-lister strolling by.

## The Grove

An outdoor shopping and entertainment complex, The Grove is not only a favorite among locals but also celebrities. Boutiques, cafes, and high-end stores line the streets, making it a perfect

spot for stars to indulge in some retail therapy. Grab a coffee at one of the outdoor cafes, and you might find yourself seated next to a Hollywood heavyweight.

## Runyon Canyon

For those seeking a more active approach to celebrity spotting, Runyon Canyon offers breathtaking views along with the chance to hike alongside your favorite stars. This popular hiking destination attracts fitness-conscious celebrities looking to break a sweat while enjoying the cityscape. Remember to bring your camera and binoculars.

## Chateau Marmont

A legendary hotel on the Sunset Strip, Chateau Marmont has been a playground for the rich and famous since the Golden Age of Hollywood. The discreet and exclusive atmosphere makes it a hotspot for celebrities seeking privacy. Even if you don't stay overnight, you can visit the trendy Chateau Marmont Bar for a chance encounter with Hollywood's elite.

## Nobu Malibu

If you have a penchant for fine dining and celebrity sightings, Nobu Malibu is the place to be. Located on the picturesque Pacific Coast Highway, this upscale Japanese restaurant has become a celebrity magnet. Enjoy world-class sushi while discreetly scanning the room for the next superstar dining nearby.



## LAX Airport

Los Angeles International Airport is a gateway for celebrities jetting in and out. If you're willing to brave crowds, you might spot your favorite actor or musician navigating the terminals. Keep your eyes peeled, as many celebrities attempt to travel incognito, making this a challenging but rewarding spot.

In a city where dreams are made and stars are born, the opportunities for spotting celebrities are abundant. Whether you're exploring iconic landmarks, hiking scenic trails, or indulging in upscale hotspots, Los Angeles offers a tantalizing taste of the celebrity lifestyle. Keep your camera ready, and who knows, you might just find yourself sharing a moment with the stars in the City of Angels.

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## Fitness Fun

### The Rise Of Gamification Apps

By Contributing Writer

In the ever-evolving landscape of fitness, technology continues to play a pivotal role in transforming traditional workout routines into engaging and interactive experiences. One prominent trend that has gained traction in recent years is the integration of gamification elements into fitness apps. These apps aim to make exercise more enjoyable, motivating users to stay committed to their health and wellness goals. Two standout examples in this space are Onelap and Dancebit, each offering a unique approach to infuse fun into fitness.

#### Onelap: Transforming Indoor Cycling into an Immersive Adventure

Onelap is an innovative indoor cycling app designed to elevate the experience of spinning bikes and indoor bike trainers. It goes



beyond the routine of stationary cycling, turning it into a thrilling adventure. The app employs

gamification techniques to keep users motivated and entertained throughout their workout sessions.

One of the key features of Onelap is its immersive virtual landscapes. As users pedal away on their stationary bikes, they traverse through visually stunning environments, ranging from scenic

mountains to bustling cityscapes. The app uses augmented reality (AR) to superimpose these

landscapes onto the real-world surroundings, creating a sense of escapism and excitement.

Moreover, Onelap incorporates various game elements into its interface. Users can set personal challenges, compete with friends, or even join virtual races against other Onelap cyclists worldwide. Achieving milestones and completing challenges unlock



rewards, adding an extra layer of motivation to the fitness routine. The app also tracks performance metrics, allowing users to monitor their progress and set new goals.

By merging the worlds of gaming and fitness, Onelap successfully addresses the common issue of monotony associated with indoor cycling. It transforms each workout into an adventure, making exercise not only beneficial for physical health but also an enjoyable experience for users of all fitness levels.

#### Dancebit: 28-Day Dance Workout Challenge on Your Mobile Screen

Dancebit takes a different approach by infusing the joy of dance into the fitness realm. This mobile application offers a 28-day dance workout challenge, turning the art of dance into a fun and effective way to stay active. The app caters to individuals who may find traditional workout routines dull and are seeking a more entertaining alternative.

The 28-day dance workout challenge on Dancebit is designed for users of all skill levels. Each day introduces a new dance routine, gradually increasing in complexity as the challenge progresses. The app provides step-by-step tutorials for each dance, ensuring that even those with no prior dance experience can follow along seamlessly.

Gamification is embedded within Dancebit to keep users engaged throughout the challenge. Completing daily dance routines unlocks new levels and rewards, creating a sense of accomplishment. Users can also share their progress on social media, fostering a supportive community of individuals who are all embarking on the same dance fitness journey.

Dancebit not only promotes physical activity but also enhances coordination, rhythm, and self-expression. The app's fusion of fitness and dance offers a refreshing and enjoyable alternative to conventional workouts, attracting a diverse user base looking to shake up their fitness routine.

Fitness gamification apps like Onelap and Dancebit represent a shift in the way we approach exercise. By incorporating elements of gaming and entertainment, these apps succeed in making fitness more engaging and enjoyable. Whether cycling through virtual landscapes or grooving to dance routines, users are finding new ways to stay active, motivated, and committed to their health and wellness journey.

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# The Amazing World Of Turtles

By Contributing Writer



Turtles, fascinating creatures that have roamed the Earth for millions of years, are renowned for their slow and deliberate movements. While they may not communicate in the traditional sense of talking, turtles exhibit a range of intriguing behaviors and vocalizations that serve as their unique form of expression.

Turtles belong to the reptilian class, and their communication methods are primarily non-verbal. One of the most noticeable ways turtles communicate is through body language. For instance, a turtle may retract into its shell as a defensive response, signaling a desire for solitude or protection. Conversely, a turtle may stretch out its limbs and head, displaying confidence or readiness to explore its surroundings.

While turtles lack vocal cords and don't produce sounds in the way mammals do, some species have been observed making various noises. These sounds may include hissing, grunting, or even vocalizations that resemble low-frequency vibrations. These noises often serve specific purposes in communication, such as expressing discomfort, warning of potential threats, or attracting a mate during the breeding season.

One remarkable example of turtle communication is the red-eared slider (*Trachemys scripta elegans*). Male red-eared sliders emit a unique vocalization during courtship, which resembles a combination of clicks and whistles. This auditory display

is believed to attract female turtles and establish a connection between potential mates. While the sounds may not be classified as speech in the human sense, they demonstrate a form of communication tailored to the specific needs of these creatures.

Turtles also use visual cues to convey information. The vibrant colors on their shells and skin, as well as their distinct patterns, play a role in species recognition and

courtship rituals. Some turtles engage in elaborate mating displays that involve head bobbing, circling, and other coordinated movements. These visual signals help establish social hierarchies and facilitate interactions between individuals.

Research has shown that turtles possess an acute sense of smell, and they use chemical cues to commu-

nicate. Scent marking, a behavior in which turtles release chemicals through glandular secretions or urine, can convey information about territory, reproductive status, or even the presence of potential threats. By detecting these chemical

human speech. While turtles may not comprehend language as humans do, some studies suggest that they can recognize certain sounds and vibrations. For instance, turtles have been observed reacting to the vibrations produced by footsteps or other environmental disturbances, showcasing their sensitivity to auditory stimuli.

While turtles may not engage in verbal communication as humans do, they possess a rich array of non-verbal behaviors and signals that facilitate interaction within their species. From visual displays and chemical communication to unique vocalizations, turtles have evolved diverse means of expressing themselves in their complex and fascinating world. While their form of communication may differ significantly from our own, it highlights the diversity of life on Earth and the incredible adaptations that have allowed turtles to thrive for millions of years.

signals, turtles can interpret their environment and make informed decisions about their behavior.

In the realm of scientific exploration, there is ongoing research into the potential for turtles to perceive and respond to



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# FINER THINGS

## GLAMOROUS GUITARS IN NASHVILLE!

By James Rotondi

Though many cities have great guitar shops, if you're looking to get a guitar, Nashville might be the best place to find one.

"Music has the power to heal, not just entertain," says Pamela Cole, who opened Fanny's House of Music with partner Leigh Maples. The shop is a Nashville landmark due to the mural painted on its exterior that features an all-female guitar icons.

Fanny's, which sells preowned acoustic and electric guitars, accessories, and vintage clothes, sits at the intersection of Holly and 11th Streets in East Nashville, perhaps the neighborhood most associated with the city's huge change in demographics—and real estate prices—over the last two decades.

"This community embraced us from the beginning, when we only had five guitars, three amps, and ten pick packs," says Cole. "As Nashville has think fast and adapt to the changes in the city's diverse new population but also in the guitar market.



Carter Vintage Guitars is known for its great selection of classic guitars.

grown, so have we. We've even started a nonprofit called Fanny's School of Music, an addition to our store that will add ten lesson rooms, a music therapist's office, and a second-story community space/performance area."

Fanny's, like the many guitar stores across Nashville, has had to

"We started out in 2013 as a vintage guitar store, and we still are," says Walter Carter of Carter's Vintage Guitars, known to aficionados as the co-author of the seminal Gruhn's Guide to Vintage Guitars. "But the growth and popularity of Nashville has had a huge impact. We started right around the time the TV

show Nashville started airing, and that, along with our location, name recognition, and the success of many of our YouTube videos has been good for us."

For the vintage guitar buyer, Carter's is a veritable fantasy, a place where you can see the Stratocaster that Ed King recorded "Sweet Home Alabama" on, along a prewar Gibson L-00, a 1940 Martin D-18, and makers like Taylor, Larrivee, Sahlstrom, Gallagher, Preston Thompson, Blazer & Henkes, and more. Carter says that while baby boomers kicked off the vintage guitar explosion in the '80s may be buying fewer guitars these days, they're more likely to be selling them.

"Those same folks who bought these guitars 20 years ago are now providing a good supply back to us. That said, we still get instruments from people who've had them under the bed or in the closet for decades." Carter's fan club includes players like Brian Setzer, Molly Tuttle, JD Simo, Billy Strings, Marcus King, and Chris Thile, all of whom have dropped in to play a few licks for the Carter camera.

It's hard to think about guitar shops and Nashville without invoking Gruhn Guitars, the mecca for pickers that started in 1970, and moved to a less frantic and much larger location in 2013. Eric Newell now largely runs the day-to-day affairs, George Gruhn himself—a true original — still embodies the store's rigorous attention to detail.

This most dedicated of vintage guitar experts is positive about the current generation of guitar building. "New guitars are competing very strongly," Gruhn says, "which was not the case in the 1970s. The quality of new guitars today are pretty dam good."

The new Gibson Garage is a massive 8,000-square-foot space with a rotating track packed with Les Pauls, Juniors, SGs, ES-335s and more. While there are those who believe the exodus of guitar players traveling or moving to Nashville is simply a case of "bringing sand to the beach," Nashville is clearly a beach that can continue to accommodate as much sand as washes up on its shores.

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## 2024 PASADENA SHOWCASE HOUSE OF DESIGN A TUDOR WOW!

By Barbara Beckley, Senior Associate Editor

I recently attended the 2024 Pasadena Showcase House of Design “Empty House Party” – and wow! This year’s manor do-over is going to be a must. As arguably SoCal’s oldest (founded in 1965) and easily, most interesting fundraiser, the Pasadena Showcase House of Design always delights with stylish re-dos of elegant mansions by top interior designers. And gives us wonderful ideas for our own home-makeovers.

Viewing the 30 interior and exterior bare-bones “before” spaces of the 1902 English Tudor Revival style Potter Daniels Manor in Pasadena and chatting with participants like West LA interior designer David Levine, and LA-based Rachel Scheff (two of 30 interior and landscape designers from throughout SoCal) about their exciting concepts, I was impressed.

“Look at my huge bouquet of roses!” enthused Levine. “Their pink tones reflect the color palette I’ve chosen for the dining room.” Creative from the start, using roses in addition to color swatches, clearly Levine’s dining room make-over will be unique. Right up to his ceiling mural reminiscent of a Michelangelo with angelic-like rose-tone figures swarming in a dusky sky.

Speaking of ceilings. Entering the foyer, the beautiful hardwood stairs and balcony are topped by gorgeous stained glass-like ceiling artwork that perfectly complements the space. “They will be left in place,” Scheff told me. But we’re in for surprises I’m sure, once she transforms this space into “The Foyer of Enchantment.”

While the mansion measures 7,300 square feet, the room count is deceptively “normal” to me, with just four bedrooms upstairs. Of course, the primary bedroom encompasses half the upper level! Larger than many folks’ condos. With a huge bath space. Walk-in closets that could double for bedrooms, and a mammoth bedchamber with a walk-out balcony. Can’t wait to see how San Marino designer Amy Peltier redoes it. And LA-based AYM Interiors transforms a bedroom into the “Cinema/Media Room.” And Jerome Thiebault of JTID Inc. in LA, re-creates the adjoining “Media Bathroom.”

Downstairs, the kitchen sprawls across the entire left wing! Mark Hermogeno of Hermogeno Designs

in LA told me, “since people really live here, I’m designing a small user-friendly cooking area, so they can cook and make dinner.” That’s in addition to a professional grade catering kitchen, Butler’s Pantry, and large informal gathering space with couches, tables, a big screen TV – “which the mansion really didn’t have before,” Hermogeno explained.

Separate from the main house, the two-story, two-bedroom Gate House guesthouse will offer cozy design ideas. Look to Studio City designer Stephanie Hatten of SH Interiors to work her magic in the Gate House Kitchen. And wall-to-wall original murals will be a key feature of LA designer Margaret Lalikian’s “Gate House Calming Massage/Spa Lounge.”

If you haven’t attended in years, you’re in for a treat. Unlike long ago, “our designers work independently on their assigned spaces, but also together to give continuity to the home design,” explained Suzanne Hart, 2024 president of Pasadena Showcase for the Arts, which puts on this extravaganza. And “yes,” the mansion owner does have a say in what goes, and what stays (usually, very little). Where are the owners living while their gutted manor is being redesigned and shown? The mansion has a third-story attic with former servants’ quarters, I learned.

While the showcase homes are traditionally in the San Gabriel Valley, Westsiders are just as involved. I was pleased to enjoy the delicious food and drink – think beef tri-tip, amazing butternut squash soup, garlic mashed potatoes, and specialty cocktails – by Ronen Levy Events of Sherman Oaks. And meet top-tier architecture photographer Peter Christiansen Valli of Westwood.

The 2024 Pasadena Showcase House of Design runs April 21 to May 19, 2024. 9:30 a.m. – 5:30 p.m., Tuesday, Wednesday, Thursday. 9:30 a.m. - 6:30 p.m., Friday. 9:30 a.m. – 4 p.m., Saturday and Sunday. In addition to the mansion, guest house and gardens – be sure to drop by the Shops at Showcase, selling high-end merch, and the on-site restaurant. Timed-entry tickets are \$35 for Happy Hour, \$40, and \$50 at [www.pasadena-showcase.org](http://www.pasadena-showcase.org). Proceeds benefit four philanthropic initiatives: Gifts & Grants, Music Mobile TM, Instrumental Competition, and Youth Concert.



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By Andrews McMeel Syndication

Researchers at Western Sydney University have revealed results of a study showing that frequent nose-pickers may have a higher probability of developing Alzheimer's disease. WION-TV reported on Feb. 7 that the habit introduces germs into the nasal cavity that trigger the brain to produce beta-amyloid as a defense. An abundance of beta-amyloid is believed to be the leading cause of Alzheimer's. "It is essential to note that the temporary relief obtained from nose-picking is not a substitute for proper nasal hygiene," the report said -- "proper nasal hygiene" being "regular cleaning and maintenance of the nasal passages through gentle methods such as saline nasal rinses or blowing the nose."

Paul Gibbons, 63, of Kingsclere, England, paid about \$32,000 to have his kitchen remodeled a year ago, the Basingstoke Gazette reported. Wickes, the company he chose to do the work, bungled it, according to Gibbons: "The finish throughout is so poor, and half the kitchen doesn't fit as it should. I agreed to the contract and what I was told would be two weeks of work, and ... I am left with a kitchen which I can't even use as you should." As a result, Gibbons demanded a refund, but when he couldn't get that, he parked a decommissioned 1963 gun tank that he had borrowed from a friend outside the store. Wickes called that "unacceptable and aggressive behavior" and threatened to have the tank removed. But Gibbons isn't budging: "I want my money back and want them to take that kitchen out of my house so I can get a new one."

After 2 1/2 years, Jackie Nguyen of Seattle "just didn't like" her couch anymore, USA Today reported on Feb. 1. After checking with Costco's return policy, Nguyen returned the couch to the store for a full refund. "We just didn't like the color anymore," she admitted on a TikTok video. Nguyen didn't even have a receipt -- but she did have a good memory and could tell the clerk the date she bought the sofa. The clerk looked it up and refunded \$900 to her card. Costco told Nguyen that returned items are donated, resold, returned to the manufacturer for a credit or refurbished.

On Jan. 20, as an Amish couple from Shipshewana, Indiana, shopped at a Walmart in Sturgis, Michigan, Lona Latoski, 31, allegedly climbed inside their buggy and directed their horse away from the parking lot, MLive.com reported. A witness saw the woman drive off and thought it was odd that she wasn't Amish, but didn't report the theft. When the couple came out and realized their ride was gone, a truck driver offered them shelter from the cold and alerted police, who tracked down the buggy at an Admiral gas station, where it was parked. Latoski was located in the motel next door, hiding under a pile of clothing in a shower. She admitted taking the horse and buggy and said she had "instant regret ... but she was cold and needed to get home," the officer said. "I asked her if she had ever had any training with equestrians," he said. "She did not know what 'equestrian' meant." (Apparently, nor did the officer.) Latoski was charged with larceny of livestock and general larceny.

On Feb. 1, the lights went out in central Toronto, darkening traffic signals and trapping people in elevators, Reuters reported. Crews who investigated found it was a roguish raccoon who made contact with equipment at the city's Hydro One electric station. (The raccoon did not survive, a spokesperson said.) About 7,000 were affected for about three hours, Hydro One reported. While raccoon-caused outages are not unheard of, squirrels are the more common culprits. [Reuters,

Inexplicable

Florida man Jason Brzuszkiewicz, 49, laughed his way through an incident on Feb. 6 in New Smyrna Beach, the New York Post reported. Around 9 a.m., Brzuszkiewicz allegedly drove his pickup around a "Do Not Enter" sign at the beach and straight into the ocean as beachgoers looked on and recorded video. When deputies questioned him about his antics, Brzuszkiewicz said, "It's not my fault the truck don't surf!" He also claimed he thought he was in England. Brzuszkiewicz's only charge was for failing to pay the access fee to the beach; his truck was towed away.

## Crossword by Myles Mellor

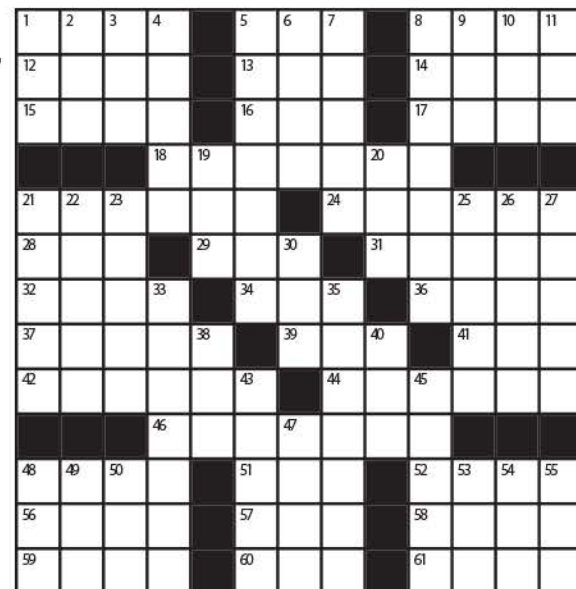
Print this Page! Ctrl + P

Across

1. 2012 US Open winner, Simpson
5. Last word of "America, the Beautiful"
8. Way off
12. Seaweed gelatin
13. Prone
14. Drift
15. Needed
16. Bag thickness
17. Urged a right turn
18. Popular salad ingredient
21. Distress call
24. Safe places
28. Sight reported
29. Hot drink
31. Experiences
32. Offensive
34. Pigment
36. Looks at
37. Lowest moldings
39. Relative of an ostrich
41. Prior prefix
42. Thing referred to
44. Burst in
46. Absolute rule
48. Not for
51. Top race car driver
52. Pull
56. Tinted
57. Lodging
58. French currency
59. Cutting the mustard
60. Give leave
61. Raise a stink

Down

1. "\_\_\_ and Peace", Tolstoy
2. Vanity
3. No longer edible
4. Moolah
5. Siberian breed
6. Kind of proportions
7. Book with legends
8. Region of France
9. Enemy
10. Penn. is one
11. Singers, Simply \_\_\_
19. Wine barrel
20. E. Indies transportation relay
21. Muslim scholar
22. Happening
23. Complimentary close



25. SA aquatic rodent
26. Dweeb
27. Positive attribute
30. Affirmative vote
33. It moves in the direction of the wind
35. Famous
38. "Rocky" actor
40. Large vase
43. Slight

45. Golf's \_\_\_ Cup
47. Clearasil target
48. Exclamation of mockery
49. Center
50. Rolodex no.
53. Repent
54. "Chances \_\_\_"
55. Used by Chinese cooks

## Bad Dad Jokes

"I thought the dryer was shrinking my clothes. Turns out it was the refrigerator all along."



Previous Puzzle





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## Star Galaxy- Academic, Homework lab, Sports

STAR Galaxy offers a balance of academic support, enrichment classes, fitness and recreation programs as well as special events on campus, community events and activities. It's a recipe for a balanced childhood and a preparation for future success! STAR Galaxy offers a daily dose of scheduled classes, August through June, from the end of the school day until 6 PM. Students rotate through group tutoring, homework lab, sports/fitness/recreation. [registration@starinc.org](mailto:registration@starinc.org)

## LeXT Robo Academy

LeXT Robo Academy uses LEGO education concepts and curriculum to provide a hands-on learning experience and fun environment for our students while developing their skills in science, technology engineering, robotics, coding and mathematics. Our robotics program covers all age groups from 3 to 18+ students. Agoura Hills: (818)-699-2388

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## Golden Performing Arts Center After School Programs

- a non-profit organization that offers children, teens, and young adults, ages 6-22, the opportunity to experience exhilarating feelings of success, belonging, pride and accomplishment by working together as a theatre family and presenting a Broadway-style musical production. Established in Canoga Park in 1985 for the purpose of building self-esteem in young people through the performing arts, Golden PAC has offered Musical Theater workshops for children and teens for over 35 years. Each workshop is designed to build confidence, skills, and lasting friendships in an environment of mutual respect, acceptance, and encouragement. All enrollees are guaranteed a part regardless of prior training or experience. Workshops are presented in the spring, summer, and fall. Each workshop culminates with a professional-quality production of a licensed Broadway musical in which young people play all the roles. <https://www.goldenpac.org/>



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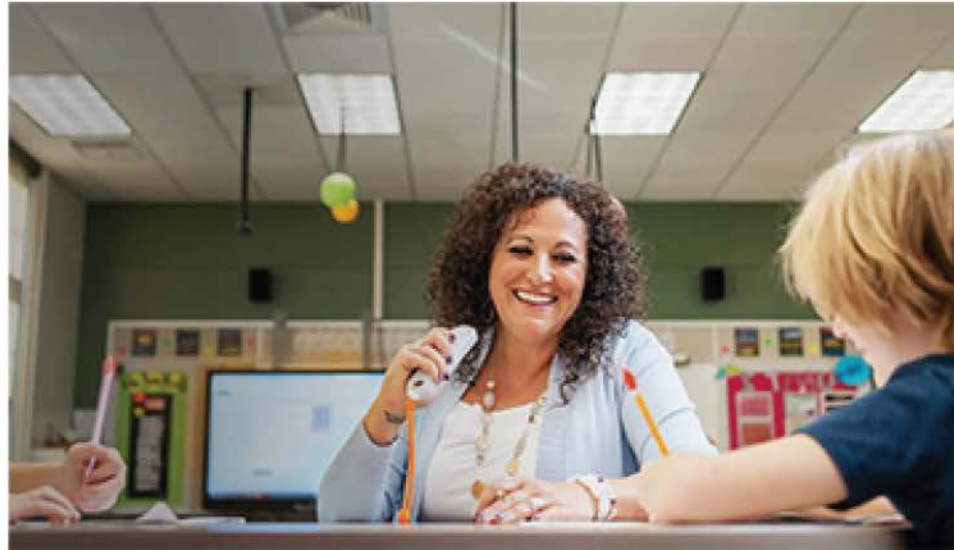
By Contributing Writer

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For more information log onto [www.merlynmind.ai/education](http://www.merlynmind.ai/education)

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# Understanding Autism

## Different Levels Of The Disorder

By Contributing Writer

**A**utism Spectrum Disorder (ASD) is a complex neurodevelopmental condition that manifests in a wide range of symptoms and challenges. Often referred to as a spectrum, ASD encompasses various levels of severity, making it a unique experience for each individual. Recognizing the different levels of autism is crucial for parents, educators, and healthcare professionals to provide tailored support and interventions for children on the spectrum.

### Level 2: Requiring Substantial Support

Level 2 of the autism spectrum involves individuals who need substantial support due to moderate impairments in social communication. These individuals may have a more pronounced difficulty in initiating social interactions and may display repetitive behaviors that interfere with daily functioning. The need for routine and sameness may be more evident, making adaptation to change a significant challenge.



Interventions involve speech therapy, occupational therapy, behavior therapy, and social skills. Tailoring interventions to the individual's specific needs, strengths, and challenges is essential.

### Parental Role and Advocacy

Parents play a crucial role in the journey of a child with autism. Understanding and accepting the diagnosis is the first step toward effective support. Educating oneself about the unique needs of their child and advocating for appropriate resources and services is essential.

Autism Spectrum Disorder is a complex condition that manifests in various ways, making each individual unique. Recognizing different levels of autism allows for a more nuanced understanding of the support for individuals on the spectrum. With early intervention, support, and advocacy, children with autism can reach their full potential. Embracing neurodiversity and promoting inclusivity contribute to creating a society that respects and values the strengths of every individual, regardless of where they fall on the autism spectrum.



### The Spectrum Concept

The term "spectrum" in autism reflects the diverse ways the disorder can present itself, ranging from mild to severe. The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) categorizes ASD into three levels based on the intensity of support required. These levels help professionals assess the individual's social communication skills, restrictive and repetitive behaviors, and the impact of these challenges on daily functioning.

### Level 1: Requiring Support

Individuals classified under Level 1 require the least support within the spectrum. They may exhibit challenges in social communication but can often engage in conversations and maintain relationships. Repetitive behaviors may be present, but they typically have a mild impact on daily life. At this level, the individual might struggle with subtle social cues, making social interactions more challenging.

### Level 3: Requiring Very Substantial Support

The individuals placed in Level 3 require the highest level of support within the autism spectrum. Severe impairments in social communication skills and the presence of highly restrictive and repetitive behaviors significantly impact their ability to function independently. Daily life may involve significant challenges in communication, self-care, and overall adaptive functioning.

### Early Signs and Intervention

Recognizing the signs of autism at an early age is crucial for timely intervention. While the severity levels help in understanding the support needs, early intervention can positively influence a child's development. Common signs of autism include difficulties in social interaction, communication challenges, repetitive behaviors, and intense interests in specific topics.

**THE MORE YOU UNDERSTAND HER WORLD, THE MORE POSSIBILITIES YOU SEE.**

Find out more at [ScreenForAutism.org](https://ScreenForAutism.org)

**AUTISM SPEAKS** | **ad**

**SESAME WORKSHOP**

# FASHION

## FASHION IN THE FACE OF CLIMATE CHANGE

By Contributing Writer

In a world shaped by climate change, the fashion industry is recognizing the need for innovative design techniques that prioritize sustainability

that can be easily recycled, upcycled, or repurposed. By designing for longevity and durability, fashion can move away from fast-paced, disposable culture.

### Zero-Waste Design

Zero-waste design techniques are gaining popularity. This approach involves pattern-making that ensures little to no fabric waste during production. Innovative cutting techniques and strategic pattern layouts contribute to more sustainable practices.

### Biodegradable Materials

Exploring biodegradable materials is another frontier against climate change. Designers are experimenting with textiles made from natural fibers such as hemp, bamboo, and even mushroom-based mycelium. These materials break down more easily.

### Climate-Adaptive Clothing

With the unpredictable nature of climate change, designers are incorporating climate-adaptive features. This includes garments designed to respond to temperature changes, utilizing technologies like thermal regulation fabrics or innovative ventilation systems. Climate-adaptive clothing not only enhances comfort but also aligns with the need for versatility.

### Digital Fashion and Virtual Try-Ons

The rise of digital fashion and virtual try-ons is reducing the demand for physical garments, thereby lessening environmental impact. Digital fashion

allows consumers to experience the joy of fashion without the need for excessive manufacturing.

### Localized and On-Demand Production

Climate-conscious designers are rethinking global supply chain and embracing localized and on-demand production. By producing garments closer to the point of sale, designers can reduce transportation-related emissions and align production with actual demand.

### Vegan and Cruelty-Free Fashion

The fashion industry is witnessing a surge in vegan and cruelty-free fashion, with designers opting for plant-based alternatives. Faux leather, recycled PET, and other innovative materials are providing ethical choices for consumers.

As the fashion industry grapples with climate change, designers are at the forefront of change. These techniques not only address environmental concerns but also redefine the aesthetic and cultural values associated with fashion.



and environmental consciousness. Designers are steering creative endeavors towards a responsible and climate-friendly approach, redefining fashion.

### Sustainable Fabrics

The shift towards sustainable fabrics is pivotal. Cotton and polyester have an environmental footprint, leading designers to explore alternatives such as organic cotton, Tencel, and recycled polyester. These materials require fewer resources and energy.

### Circular Fashion

Designers are reimagining the lifecycle of clothing. This approach focuses on creating garments

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